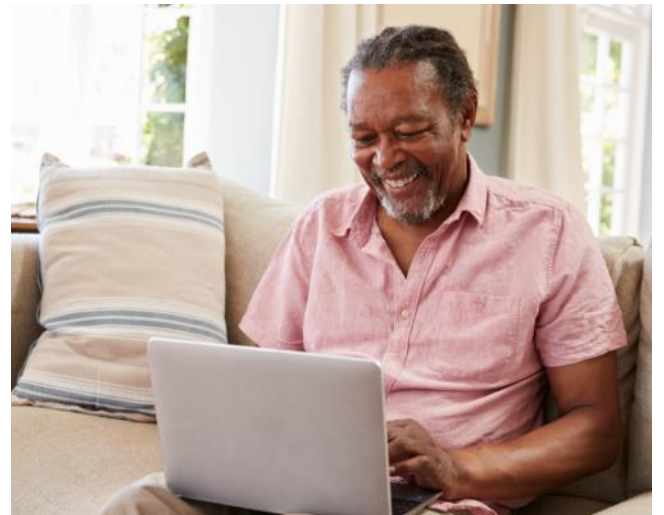
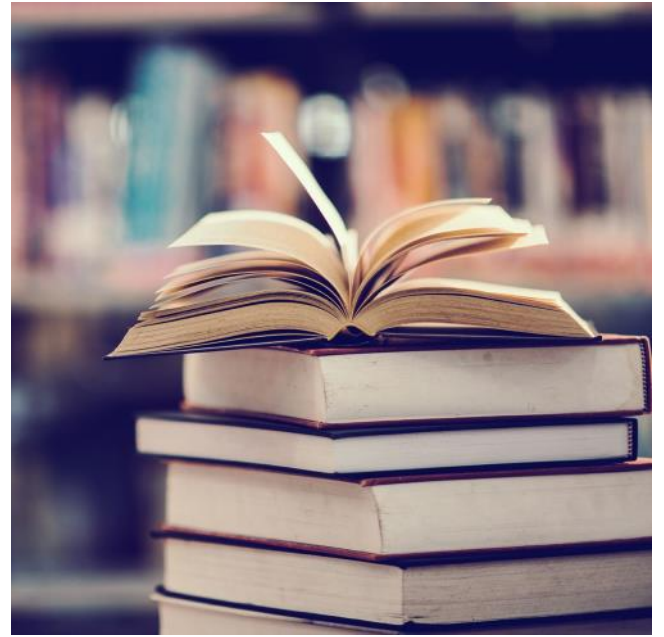


HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE



VIRTUAL PROGRAMS MAY 2021

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

Please note the new password for all
FREE PROGRAMS is hoCo50+

LEARN—LAUGH—READ—COOK—CRAFT—EXERCISE—LISTEN—CONNECT



ANNOUNCEMENT

Howard County's Department of Community Resources and Services, Office on Aging and Independence welcomes older adults back to 50+ Centers on **April 28th** at 50% capacity.

The 50+ centers will open **by appointment only** and offer: Maryland Access Point (MAP) information and assistance; State Health Insurance Program Counseling (SHIP); exercise and nutrition consultations; and AARP tax assistance. Grab & Go meals will be continue in lieu of the congregate lunch program. Fitness Equipment Rooms will be open by appointment only beginning on Monday, **April 19th**.

50+ Centers will be phasing in additional programs over the coming months. New protocols are required for staff and participants to minimize the transmission of the COVID-19 virus.

The Virtual 50+ Center offerings will continue and are available at www.howardcountymd.gov/aging.

Appointments can be made by calling 410-313-5400 or any of the Centers two business days in advance between the hours of 9 am and 4 pm. Centers have new and finite capacity limits that will vary based on facility size and room availability. Should community demand exceed capacity, we reserve the option to limit the number of visits that an individual can have in one week so that all have the same opportunity and access.

For the health, safety and wellbeing of all, new protocols are required and include the following:

- all will follow proper hand hygiene and respiratory etiquette
- all will wear masks at all times
- all will ensure social distancing is maintained and/or abide by assigned seating
- the center will not provide food, drink, shared supplies or equipment at this time
- there will be screening before or upon entering the building
- new cleaning protocols, which may impact scheduling



Programming for the North Laurel 50+ Center is planned for phasing in by mid-summer. The fitness room, billiards and walking are available now at the North Laurel Community Center through Recreation and Parks **by appointment** by calling 410-313-0390.

Welcome to Virtual Programs for May. In May we celebrate Older American's Month with the theme "Communities of Strength." Highlights this month include a Mother's Day Virtual Tea scheduled for Tuesday, May 4th, see details on page 21. We invite you to pick up your "Tea Box" then tune into a special Mothers Day program, we will honor moms, share stories and our favorite mom moments. Watch your email for a survey link about our virtual programs, your input is instrumental in helping us continue to offer relevant programs virtually. As always, we welcome your feedback and input on our programming, please use the email Virtual50@howardcountymd.gov to share.

Frequently Asked Questions

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How do I sign up for the Paid Fitness Class Pass? To register for the \$50 monthly fitness pass that includes 26 weekly classes, you can call 410.313.1400 or 410.313.5440 (voice/relay) Monday - Friday between 10 am - 2 pm. Those registering by 2 pm, April 30th will receive the links and passwords for May later that afternoon. To register on-line using your Active Net account: Search: Virtual 50+ Exercise Classes/A02490.202 on the Active Net site: <https://apm.activecommunities.com/howardcounty/> May A02490.302 - June A02490.303. Passes purchased after the 15th of the month have a reduced fee.

How do I learn to use WebEx? Staff are available for one on one sessions to walk you through the platform, answer questions and get you into our virtual world. To set up an appointment, email Virtual50@howardcountymd.gov If you have a landline you could call into certain programs and still be engaged.

Will virtual programs continue after the centers reopen? Yes, there will continue to be limited classes offered virtually.

Do I have to live in Howard County to participate? No you do not, anyone can join in our virtual offerings.

How can I get the newsletter sent to my inbox? Just click on this link to sign up in Constant Contact. [CONSTANT CONTACT SIGN UP](#)

NOTEWORTHY

- The Howard County Covid-19 hotline # is 410-313-6284
- Programs by our community partners can be found on page 22.



WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

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SATURDAY

8

HATHA YOGA

9:30 AM [Go to Page](#)



\$ Paid Fitness Pass Classes



\$ Paid Fitness Programs



Free Programs

WEEK AT A GLANCE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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SATURDAY

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■ \$ Paid Fitness Pass Classes
 ■ \$ Paid Fitness Programs
 ■ Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

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SATURDAY

22

HATHA YOGA

9:30 AM [Go to Page](#)

 \$ Paid Fitness Pass Classes
  \$ Paid Fitness Programs
  Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>24 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 11 am Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>AGING GRACEFULLY 1 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>25 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>SEATED TAI CHI 12 PM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>B-17: THE FLYING FORTRESS 1 PM Go to Page</p> <p>MENTAL HEALTH AND AGING 2 PM Go to Page</p>	<p>26 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>MEDITATION 9:15 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>GENTLE YOGA 1 PM Go to Page</p> <p>MASTER GARDENER RAISING MONARCH BUTTERFLIES 1 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>27 POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30AM Go to Page</p> <p>TED TALK 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p> <p>ACTIVE YOGA 5:45 PM Go to Page</p>	<p>28 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>LIVE FROM CENTER STAFF NORTH LAUREL 9:30AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>BARRE NONE 11:30 AM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p>
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SATURDAY

29

HATHA YOGA

9:30 AM [Go to Page](#)



\$ Paid Fitness Pass



\$ Paid Fitness Program



Free Programs

\$ Fitness Pass Classes

Floor, Core and More

Mondays and Fridays, 8 am

This class targets challenging areas of the body: thighs, abs and backside. Tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

Mindful Mondays

Mondays, 9 am

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

Taught by Connie Bowman

Zumba Gold

Mondays and Thursdays, 10:30 am

**Taught by Courtney Bracey, Mondays
Jackie Jones, Thursdays**

Seated Strength and Balance

Mondays and Thursdays, 12 noon

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells to improve strength and overall mobility as we move to fun music.

Taught by Michelle Rosenfeld

Circuit Conditioning

Mondays and Wednesdays, 5:45 pm

This class combines the best of both worlds: strength and cardio. Raise your heart rate during cardio so your muscles can receive the most benefit when followed by strength training routines. Strength exercises will help to increase lean muscle mass, while cardio helps to improve cardiovascular function. Have dumbbells or household equivalent available for strength training. Modifications available for all exercises.

Taught by Michelle Rosenfeld

Power

Tuesdays and Thursdays, 8:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Cardio and Core Class

Tuesdays and Fridays, 9:30 am

Exercises to get your body moving at home, designed for those who are looking for a low-impact cardio class to get your heart pumping while strengthening your core.

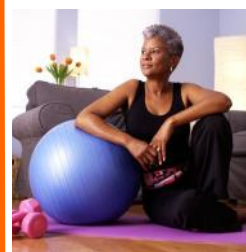
Taught by Pam Beck

Yoga with Mary

Tuesdays, 11 am

Join Mary for a series of weekly yoga classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We will mostly be standing up in this flowing class.

Taught by Mary Garratt



\$ Fitness Pass Classes

Seated Tai Chi

Tuesdays, 12 pm

This seated class will introduce participants to the Chinese exercise forms of Tai Chi & Qi Gong. Easy-to-follow movements will improve your body awareness, strengthen your joints and muscles, and help you develop a state of mental quietness and relaxation. A chair without arms, water, and patience will make your Tai Chi experience healthy, rewarding, and enjoyable.

Taught by Charles Toth

Balance 4-All

Tuesdays, Fridays, 1 pm

This class combines a perfect blend of balance, flexibility, posture, strength and agility. With the use of dumbbells (or any other household substitute) and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling.

Taught by Margaret Wolf: Tuesdays
Allison Harmon: Fridays

Kickboxing

Wednesdays, 8 am

Start kickin' it with this introductory cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout increases strength and cardio-vascular fitness. Class conducted at low-impact level.

Taught by Michelle Rosenfeld

Qi Gong

Wednesdays, 9 am

This class includes a gentle warm-up to open the joints in preparation for the Qi Gong practice which relaxes the body, focuses the mind, calms the nerves, and reduces the ill effects of stress. Come as you are and enjoy the simple yet profound experience of Qi Gong for harmonizing mind, body, and spirit. Open to all levels, no experience or special equipment required. Water and chair are recommended.

Taught by Jessica Koch

Mat Pilates

Wednesdays, 11:15 am

Using the abdominal exercises of fitness pioneer Joseph Pilates we re-awaken core muscles and breathe life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for those who can get up and down from the floor safely. Yoga or Pilates mat highly recommended.

Taught by Maggie Lockhart

Gentle Yoga

Wednesdays, 1 pm

Learn to love your body with one gentle movement at a time. This class will build overall body strength and bring energy back to your body through stretching and breathing exercises. This class is done predominantly on the floor. Equipment recommended: mat, towel, yoga blocks (or firm pillow) and water.

Taught by Lisa Rados



\$ Fitness Pass Classes

Foundation of Movement

Thursdays, 9:30 am

This class helps to build a solid core foundation upon which to improve overall balance, stability, flexibility and movement. Exercises are drawn from Yoga, Pilates, and basic strength classes. This class is primarily done on the floor with options for standing or sitting. Recommended equipment: mat, water, small ball or pillow, and a yoga strap or towel.

Taught by Bob McDowell

Active Yoga

Thursdays, 5:45 pm

This yoga class will keep you moving. Flow continuously through sequences of traditional Sun Salutations and standing postures, link breath with movement, and work to build strength and endurance while you improve balance and flexibility. Ability to get up from the floor is recommended.

Taught by Bev Ludwig

Power

Fridays, 10:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Barre None

Fridays, 11:30 am

This class will take you through Ballet, Pilates, and Functional “barre” movements **without the barre!** Using a sturdy countertop or table and light weights (dumbbells or other household substitutes: water bottles, soup cans, etc.) you will lengthen and strengthen your entire body. Modifications for exercises will be provided.

Taught by Robbie Compson

Hatha Yoga

Saturdays, 9:30 am

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Taught by Mary Garratt



\$ Paid Fitness Programs

Arthritis Foundation Exercise

Mondays and Wednesdays, 1 pm

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by a trained program leader. Suitable for participants diagnosed with arthritis. Fee to participate, registration required. For more information contact mburgess@howardcountymd.gov or call **410.313.5440 to register.**

(This program is partially funded under Title III-D of the Older Americans Act of 1965. Individuals 60 and over are encouraged to make the suggested donation to ensure viability of the program. Those 59 and under pay the actual cost).

~~I'm tired~~
~~It's too cold~~
~~It's too hot~~
~~It's raining~~
~~It's too late~~
Let's go

\$ Personal Training

Want to get started with a healthy exercise routine but you don't know where to begin? Consider looking to us for one on one exercise. Virtual Personal Training is available by appointment. Sessions are 30 minutes w/first session being 45 minutes.

Cost:

Single Session: **\$45**

4 Session Package: **\$160**

8 Session Package **\$299**

Appointment Times:

Mondays 1 - 5 pm

Wednesdays 10 am – 1 pm

Fridays 3 – 6 pm

Call 410.313.1400 to register.

\$ Exercise Consultations

Are you looking for guidance on starting or changing an exercise routine? Schedule a one-on-one, 30-minute virtual consultation with our Exercise Specialist, Malarie Burgess. We will work together to tailor a fitness plan best suited to your needs from the comfort of your own home. All available May appointment times are listed in the registration link, you will select your appointment at checkout. Contact mburgess@howardcountymd.gov or 410-313-6073 with questions. Registration link: https://anc.apm.activecommunities.com/howardcounty/daycare/program/558?onlineSiteId=0&from_original_cui=true&online=true Or activity number A05490.801.

Cost: \$15 per session



Free Fitness Classes

Strength Training

Mondays, Wednesdays, 10 am

A workout that uses body weight and light hand weights in low impact movements to strengthen the major muscles in the body.

Taught by Leah Daniels

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m40e401d918890b9160accf8dd1948df3>

Meeting number: 160 580 3056

Password: hoCo50+

Beginner Soul Line Dancing

Mondays, 3 pm

This beginner soul line dance class involves step-by-step instruction for choreography and concludes with dances performed to pop and rhythm and blues music. Multiple dances will be performed within the hour.

Taught by Jessie Barnes

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m43dc5d91ab257380b656a01a814dcbed>

Meeting number: 160 527 9847

Password: hoCo50+

Meditation with Marian

Wednesdays, 9:15 am

Studies found meditation may have health benefits, including reducing blood pressure and easing symptoms of anxiety, depression and insomnia. While meditation is not a "relaxation" practice, you may find that it has the side effect of relaxing you. Join Marian as we explore different styles of meditation.

Taught by Marian Condon

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me61e17c058ab6a0f91ab018d56e9e3b9>

Meeting # 157 323 9800

Password: hoCo50+

Sittercize

Wednesdays, 1 pm

A 45-minute class for those who prefer a seated workout as well as those who may want some moderate standing exercise. Easy-to-follow moves will help you maintain and improve your strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans or water bottles are optional.

Taught by Marianne Larkin

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m690e4bc68c9341cccd62c061ba91d791>

Meeting number: 160 070 1000

Password: hoCo50+



Arts & Music

Opera Explored: La Boheme

Tuesday, May 4, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md1a2af019e2b510bfb9dbee4b3cf1a7a>

Meeting # 160 958 2565

Password: hoCo50+

Calling all opera lovers and opera learners! Join Sam Stern for a look at La Boheme; set in Paris around 1830, this beautiful opera showcases the bohemian lifestyle of a poor seamstress and her artist friends. Please watch the opera **in advance** at: <https://youtu.be/5U2N2c96Kuk> then enjoy a discussion of La Boheme on May 4th.

Presented by Sam Stern

Walters Art Gallery: Gems and Jewelry

Friday, May 7, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m87bc492abb4f8b4f5cb947fc100ce483>

Meeting # 160 131 0464

Password: hoCo50+

Explore highlights of the Walters collection of jewelry spanning from ancient Mesopotamia to Tsarist Russia. Learn more about the origins behind a selection of exquisite, bejeweled objects, as well as hidden meanings.

Iris Music Project: Breaking Down the Barriers of Classical Music: Part 2

Wednesday, May 12 2 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md02b00ca9350121f924c93409ef4ce6d>

Meeting # 160 833 6963

Password: hoCo50+

Are you interested in learning more about classical music, but unsure where to start? Join pianist Jiyoung Oh and her Iris Music Project colleagues Lauren Latessa (cello) and Abby Armbruster (violin), for part two of this intro to classical music and its beautiful world. Bring your questions and ideas for the up close and personal look into the music, instruments and musicians behind the classical music scene!

Presented by the Iris Music Project

Music and Memories

Thursday, May 13, 11 am

Click link below to join:

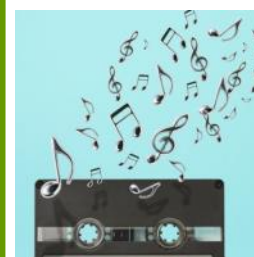
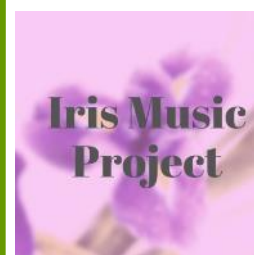
<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6aa9ba0fcd239566980c955d1819c02f>

Meeting # 172 621 2516

Password: hoCo50+

Listening to music can benefit your overall well-being, help regulate emotions, create happiness and relaxation in everyday life. Accomplished musician, Ray Forton grew up in the 60s and was influenced by The Beatles, Bob Dylan, Hank Williams, Frank Sinatra and Andy Williams. Join Ray for a program that is sure to entertain and delight as he and sings and plays his ukulele.

Presented by Ray Forton



Arts & Music

AVAM Spring Mosaic Project

Fridays, May 14, 21, June 4, 11, 10 am

No Class May 28

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m57e8bc7cff9d0ba9ba45e6eff7b9e29a>

Meeting # 160 313 7886

Password: hoCo50+

Learn basic techniques of mosaic-making, complete a personal piece, plus an individual element to be combined into a large-scale installation at the Gary J. Arthur Community Center/Glenwood 50+ Center. Registration is required to participate.

Walters Art Gallery: Highlights of Exhibits

Thursday, May 20, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3ff31171a7a8871d626793516250c83c>

Meeting # 160 788 4240

Password: hoCo50+

In 1931, Henry Walters bequeathed to the Mayor and City Council of Baltimore, "for the benefit of the public" the gallery he had established to exhibit the collection built by both he and his father. Discover highlights from this collection, as well more recent acquisitions to the Walters Art Museum.

Name that Tune: Movie Hits

Friday, May 21, 3 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m730a3daea20fdcbaf9a89a72abd2ffda>

Meeting # 160 563 5146

Password: hoCo50+

Over the Rainbow, Sing'in in the Rain, Wind Beneath My Wings, My Heart Will Go On.

Whether it's a catchy chorus, an emotional connection or inspirational words, movie soundtracks have a way of connecting us to the big screen. Join Ellen as she tests your knowledge of these hits made popular in movies.

Presented by Ellen Brown



Computers & Technology

Figure Out Your Phone

Wednesdays, May 5, 19, 3:30pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m45802c78839780c057521a687ea43dbb>

Meeting # 157 984 8383

Password: hoCo50+

Join students and learn one on one how to figure out your iPhone or android. Learn what your phone can do and how to do it. These students have a volunteer organization dedicated to assisting older adults with technology. Tune in and get the help you need.

Presented by Ramsey Sheibani, Robert Finegar and Keon Parsa

Tech Tuesday

Tuesday, May 18, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me1de880569bdfa7f79022d31f0fea277>

Meeting # 157 505 0067

Password: hoCo50+

What can Google do for you? Let's talk about Google's set of productivity tools that can be very useful in your everyday life - from jotting down a recipe, to creating a budget, to setting up an online meeting with family! They're extremely functional, and free.

Computers & Technology

Howard County Library: Online Research Tools

Thursday, May 20, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md3abb36f6bd2d787e8d56f4fdd0f14f7>

Meeting #160 528 7373

Password: hoCo50+

What do Auto Repair Manuals, Consumer Reports, Investing Research, and Genealogy Research all have in common? HCLS Online Research Tools! Whether you are looking to make a repair on your vehicle, purchase a new appliance, or research your family tree, HCLS has a resource to help you do that from the comfort of your own home. Learn how to navigate to the various resources, which research tools are available and when you should use them, and how to access the tools.

Presented by Victoria Riese, Assistant Manager, Glenwood Branch



Food, Nutrition and Cooking

Mothers Day Virtual Tea

Tuesday, May 4, 10:30 - 12 pm

Enjoy a contactless pick up of a meal from La in Columbia. Registration required in advance, see details on page 21.

Nutrition Consultations

Monday, May 3, 4 - 6 pm

Thursday, May 6, 9 - 11 am

Our Registered Dietitian, Carmen Roberts, is available for virtual nutrition consultations (via video or phone). During this 30-minute session, she can answer your questions about diet, nutrition, and the impact of food on your health.

Click link to: [Register For A Virtual Nutrition Consultation](#)



The New Dietary Guidelines for Americans: What You Need to Know

Thursday, May 6, 12pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mbb97160350c0fd29f3f4a8f7bb951dcb>

Meeting #160 876 6021

Password: hoCo50+

Confused about the new Dietary Guidelines for Americans and how they impact older adults? Registered Dietitian Carmen Roberts will break down the new recommendations and how you can implement them into daily living to improve overall health.

Presented by Carmen Roberts, R.D.



Tasty Tidbits: Grilled Barbecue Veggie Wraps

Monday, May 10, 2 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mae789f3e821f05595ef7a44fbad1aa47>

Meeting #160 662 3349

Password: hoCo50+

Celebrate National BBQ month by turning on your grill and your senses for simple, yet flavorful wrap featuring grilled vegetables and a protein of your choice.

Presented by Cheryl Campbell



Food, Nutrition and Cooking

Ask the Nutrition Experts: Navigating Dairy While Lactose Intolerant

Thursday, May 20, 12pm

Click link below to join:

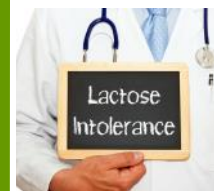
<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc8071b641354b32ac07412f441692b33>

Meeting #160 943 1462

Password: hoCo50+

Concerned about how to get calcium and vitamin D when you don't tolerate dairy? Join the nutrition experts for a discussion on the best non-dairy sources of these vitamins and minerals and leave with some great recipes to try!

Presented by Registered Dietitian Carmen Roberts and Nutrition Specialist Brandy Leno



Health & Wellness

Cancer Focus: Mental Health

Tuesday, May 11, 2 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mac0081be09d952bdf037cb4ab13c3e9f>

Meeting #160 443 3716

Password: hoCo50+

Cancer can take someone in many directions, from the impact on lifestyle and family obligations to staying healthy and tackling treatment. Mental health plays a primary role in overall health, relationships, and outlook. This program will review various aspects of mental health in the journey through cancer and beyond.

Presentation by Karen Hull



Aging Gracefully

Monday, May 24, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me9b35d23cca377f15f3991cacd102a58>

Meeting #160 724 2495

Password: hoCo50+

Join Melanie, Nutritionist from Giant Foods, for another fun and informative nutrition class! The Aging Gracefully class will help you identify gradual and straightforward lifestyle strategies that will help you meet your personal health goals and keep your brain healthy for aging gracefully.

Presented by Melanie Berdyck, Nutritionist, Giant Food



Mental Health and Aging

Tuesday May 25, 2 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8fbcd153c308e7f74a5b9b74724e1e52>

Meeting #160 186 7459

Password: hoCo50+

May is both National Older Americans Month and National Mental Health Awareness Month. Join Sydney from the ElderSAFE Center for an interactive conversation on managing mental health as we age. She will debunk some common myths about aging and mental health. Learn about available resources and tips for self-care!

Presented by ElderSAFE Community Outreach and Education Manager Sydney Palinkas



History, Culture, Current Events

Honoring Motherhood

Tuesday, May 4, 2 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mec2d8273f64a5bf8c56af36a421fd3f6>

Meeting #160 785 3836

Password: hoCo50+

Join Regina for a short presentation in conjunction with the Mothers Day Virtual Tea. Share a favorite memory of your mom, what you love about motherhood and how to honor our moms and our moms memory.

Presented by Regina Jenkins



BMI: Ship Building on the Patapsco 300 Years of Baltimoreans and Their Ships

Wednesday, May 5, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma772bdbf7de918bcd5fed5e00283f0a4>

Meeting #160 359 9524

Password: hoCo50+

Shipbuilding in Baltimore enjoys a long and rich history. Here are the stories of shipbuilding in Baltimore, the workers, the many workplaces, the ships they built, and the lives of a few prominent individuals. From wood to steel, sail then steam, local yards built thousands of ships. Some we know: Baltimore Clipper and Liberty Ships - more built in Baltimore than anywhere else. These are the ship building stories that dominated the city for hundreds of years.

Presented by Jack Burket

Ted Talk

Thursdays, May 13, 27, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m01a0d55e5d9c138d5a4cf4315bc75c40>

Meeting # 157 621 6936

Password: hoCo50+

Join us for one to two TED talks followed by discussion. Topics vary each month.

Facilitated by Lucky Sohi

History Alive: Rosie the Riveter

Thursday, May 13, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m395e37dc42d362c893e40ecf05664efe>

Meeting #160 159 9614

Password: hoCo50+

In Word War II, women joined the U.S. workforce by the millions to replace men who had gone off to fight. Mary Ann Jung presents the delightful story of Rosie the Riveter through the eyes of Rose Leigh Monroe who worked at the largest aircraft factory in the world-Willow Run in Michigan. Discover which came first-the Rosie posters, song, or real women who worked in factories to help America win the war. Who was the real Rosie?

Presented by Award-Winning Actress & Smithsonian Scholar Mary Ann Jung

DAR Museum: Making the American Home Part 2

Tuesday, May 18 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb2b5cd1a444c09664a57f4cce3397dcc>

Meeting #160 256 9330

Password: hoCo50+

Explore how domestic interiors reflect changes in American society from the late 17th century through the early 20th century using the DAR Museum period rooms.

Presented by Ann Corbett, Volunteer Docent Images courtesy of DAR

B-17: The Flying Fortress

Tuesday, May 25, 1 pm

Click link below to join:

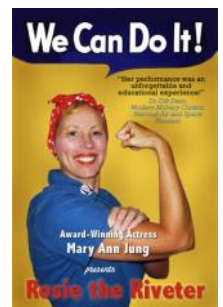
<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0ac2474327aa840e88a023b60b4e3c87>

Meeting #160 804 9573

Password: hoCo50+

With a salute to those who served, join us for a look at the B-17. Dubbed the "Flying Fortress," these amazing Boeing bombers helped change the course of history and the outcome of WWII.

Presented by Phil Lord



Hobby - Home - Garden

Monday, May 3, 11am

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7be5c39f828b97ee860fc8714089b7e2>

Password: hoCo50+

Presented by Regina Joffe and Joyce Nagel

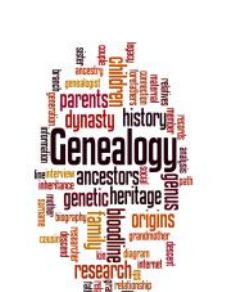


Monday, May 10, 11 am

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m53de409c416eb16b2dd9bb206f45a291>

Password: hoCo50+

Presented by Dottie Aleshire



Thursday, May 20, 2 pm

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mab49a6ef5991e996d76e42f3e6329fa4>

Password: hoCo50+

A collage of six images showing various origami projects. The top row features a red star-shaped origami, a gift box made of folded paper, and a purple basket filled with colorful beads. The bottom row shows a pink box, a yellow box, and a purple box.

Wednesday, May 26, 1 pm

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m47c2957c9b85f1b46aebca9b6e20fde>

Password: hoCo50+

Presented by Deborah Fuller



Literature - Theater

Book Club

Thursday, May 6, 1 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m74cf35b0d0cbbc0d2c899c09395734ba>

Meeting #157 535 7422

Password: hoCo50+

A good book can change our perspective and broaden our horizons. If you love to read, join us for conversation and connection over a good book! On May 6th we will discuss *Nomadland* by Jessica Bruder and on June 3rd, we will cover *Caste: The Origin of our Discontent* by Isobel Wilkerson.

Facilitated by Jeannie DeCray

The Tiny Book Club

Tuesday, May 18, 3 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma5917c1339c5bd5d72c2f0571ef350cd>

Meeting #160 802 3665

Password: hoCo50+

It's back!! Want to join a book club, but don't want to read a tome? Join us! We will focus on both fiction and non-fiction books that are about 150 pages long. May's book is "An Elderly Lady Is Up to No Good" by Helene Tursten and the book for June is "The Summer Book" by Tove Jansson.

Facilitated by Lucky Sohi & Jodi Bargamian

Science - Nature

Brood X Cicadas: Fun, Fear and Fascination

Monday, May 3, 3pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma4533f4a1c79a428c6365a33e5ce3867>

Meeting #160 706 4779

Password: hoCo50+

The only place periodical Cicadas occur in the world is the eastern U.S. Brood X will emerge this spring by the millions. This talk will discuss the amazing and intriguing biology and ecology of cicadas, in addition to how they might affect plants in your landscape and what you need to do to protect them.

Presented by Dr. Paula Shrewsbury, Department of Entomology, University of Maryland

National Park Series: Wind Caves National Park

Friday, May 14, 2 pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m25312dc4680e488a965624cf460988ef>

Meeting #157 971 1205

Password: hoCo50+

Join Ranger Lorene Hynes as she introduces us to the fabulous cave AND prairie ecological features of Wind Cave National Park in South Dakota

National Park Series: Channel Islands National Park

Wednesday, May 19, 2 pm

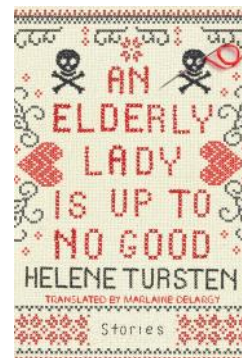
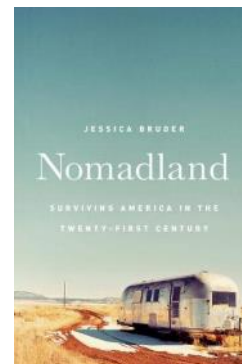
Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m346591f8fa8182cfd326ede0e1221ec3>

Meeting #160 421 7713

Password: hoCo50+

Join Ranger Monique Navarro as she introduces Channel Islands National Park, a place to experience and enjoy.



Social Engagement

Live from Center Staff: North Laurel

Grab a cup of coffee, tea or a snack and join team members from North Laurel for conversation and connection. Stay informed and share your thoughts.

Friday - N. Laurel 50+ 9:30 am

Click link below to join Live From North Laurel Staff

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6cd9b38ea9bf9450c0f79b1825f912cb>

Meeting number: 157 086 0429

Password: hoCo50+

Connections Corner

First and Third Tuesdays

Tuesday, May 4, 18, 11 am

Join the Social Day Program Staff for a fun and engaging, 45-minute, virtual program. While open to all, it is designed for persons who may need additional support due to cognitive or physical impairments. This bi-monthly program consists of trivia games, exercise, music, and bingo, designed specifically for this population. The third Tuesday enjoy an engaging 45 minutes with **Board Certified Music Therapist Meghan Roche**. A caregiver may need to be available to provide computer assistance. Questions? Contact 410-313-5442 (voice/relay). Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mdda70b57cd9fa35cddb14186f9331971>

Meeting number: 157 074 9259

Password: hoCo50+

Kindred Spirits Social Club

Have you or someone you know been diagnosed with Alzheimer's or another type of memory disorder and is early stage? Kindred Spirits Social Hour is a social engagement program for persons to come together to share their stories and engage in activities designed for their abilities. The Glenwood Social Day staff welcomes your loved one to join this weekly program that features conversation, support, and activities. A caregiver may need to be available to provide computer assistance. Contact Judy Miller at 410-313-5441 or jumiller@howardcountymd.gov

Support Services

The Village in Howard

Tuesday, May 4, 11 am

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m236cc7763abfd55c55882d0690b38389>

Meeting #160 137 0766

Password: hoCo50+

Join staff from the Village in Howard to learn all about the Village concept and how you can get involved as well as upcoming events.

Presented by Diane Minor, Outreach Coordinator

Body Worn Camera's

Wednesday May 12, 1pm

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfeac19963cfd4d3c310355900c096204>

Meeting #160 567 3335

Password: hoCo50+

For those entrusted to serve and protect, how will body cameras help restore community confidence and re-build relationships. Join Officer Kreitzer as he discusses what the 2022 implementation of body worn cameras means for the Howard County community and for law enforcement.

Presented by Howard County Police Officer William Kreitzer





NEW! VIRTUAL GROUP SCHEDULE

Weekly sessions, unless otherwise noted.

The SeniorsTogether groups below will meet VIRTUALLY until further notice.

The 50+ Center name designated next to each time slot is a **reference point only** to the original meeting place. Participation is free and all groups are facilitated by older adult peers.

MONDAYS

THINK POSITIVE GROUP

11:00 a.m. to noon (Met at Elkridge 50+ Center)

Learn and discuss ways to make positive thinking a daily practice and support each other on the journey.

CAREGIVER SUPPORT GROUP

7:00 to 8:30 p.m. (Met at East Columbia 50+)

(3rd Monday of the month)

For adult caregivers caring for another adult. Focuses on practical needs, resources, social networking, emotional support and downtime.

TUESDAYS

LOW VISION SUPPORT GROUP

1:00 to 2:15 p.m. (Conference Call Only)

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

WEDNESDAYS

OPEN MIND GROUP

9:30 to 11:30 a.m. (Met at Elkridge 50+)

In-depth, civil discussions on a wide range of topics to promote greater understanding of the values and experiences that inform us.

THURSDAYS

NEWTALK

10:00 to 11:30 a.m. (Met at North Laurel 50+)

Lively discussion group focusing on current news locally, nationally and globally.

BRAINTEASERS

12:30 to 1:30 p.m. (Met at Bain 50+)

Challenge your mind, strengthen memory using games, puzzles and other activities.

FRIDAYS

TRENDERS

1:00 to 2:30 p.m. (Met at Bain 50+)

A lively, open-minded discussion group with a loosely structured agenda.

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

www.howardcountymd.gov/aging

TO REGISTER OR FOR ADDITIONAL INFORMATION, CONTACT

Karen Hull TELE 410-313-7466 (VOICE/RELAY)
EMAIL khull@howardcountymd.gov

Elaine Widom TELE 410-313-7353 (VOICE/RELAY)
EMAIL ewidom@howardcountymd.gov

If you need this in an alternate format, or accommodations to participate, contact MAP at 410-313-1234 one week prior to a scheduled event.

Mother's Day Tea



Celebrating moms' special day with a **MOTHER'S DAY TEA BOX!**

Set up in a socially-distant and safe manner, you are invited to pick up your tea box and join us for a continued celebration on our virtual world.

This special celebration box features Assorted Tea Sandwiches and Tea Sweets!

To register and secure your reservation pick up*

Follow the link to bit.ly/HoCoMothersDay OR

Call the Howard County Nutrition Line at **410-313-3640** (VOICE/RELAY)
between 9:00 AM and 3:00 PM from Monday, April 26, through Friday, April 30.

LUNCHES ARE LIMITED TO THE FIRST 125 REGISTRANTS

MEAL DISTRIBUTION PICK UP

Tuesday, May 4

10:30 AM TO NOON

► **Bonheur Patisserie & Deli**
7106 Minstrel Way, Columbia 21045



* Each person must register individually to receive a meal.

Must be 60 or older to participate;
spouses of any age may also participate.

Participants will have the opportunity to
donate to the cost of the meal valued at \$15.

Confidential donation envelopes
will be provided on-site.

SPONSORED AND PRESENTED BY THE

 **Howard County Office on
Aging and Independence**
Department of Community Resources and Services
www.howardcountymd.gov/aging

If you need this information in an alternate format, or need accommodations to participate,
contact the Howard County Nutrition Line at 410-313-3640 (voice/relay).

Join with the [Howard County Local Health Improvement Coalition](http://www.hclhic.org) (HCLHIC) and member organizations as we take part in community-wide efforts to improve health and reduce health disparities here in Howard County. Learn more at www.hclhic.org.

Events listed below are provided by HCLHIC member organizations. If you have any questions about these events, please contact the event organizers directly.



CAREAPP – Connecting People and Programs in Howard County

CAREAPP – Connecting People and Programs in Howard County CAREAPP is a Howard County Health Department sponsored website that connects people to community programs and services. Search over 1,700 programs serving Howard County. Visit FindHCResources.org.

For questions or more information, email askhealth@howardcountymd.gov



Drink Your Produce: Smoothies and Juicing

Thursday, May 6, 2021; 12:00 pm – 1:00 pm

Learn how to build a better smoothie. From protein to produce and everything in between, we'll show you easy ways to get your five a day.

Registration is required: <https://bit.ly/3pbrBz5>

For questions or more information, email askhcls@hclibrary.org



Maryland Highway Safety Office: Be the Driver Who Saves Lives Series

Occupant Protection/Buckle-Up

Wednesday, May 12, 2021; 11:00 am – 12:00 pm

This presentation will provide an overview of seat belt use in Maryland, the science of seat belts, Maryland's campaigns, and what you can do.

Registration is required: <https://bit.ly/3t6va19>

For questions or more information, email LHIC@howardcountymd.gov



Drive-Thru Risk Assessment and Screening

Saturday, May 15, 2021; 12:00 pm – 4:00 pm

St. John Baptist Church, 9055, Tamar Drive, Columbia, MD 21045

Howard County General Hospital is offering curbside screenings and health assessments for adults 18 years of age and older. This FREE screening includes diabetes/prediabetes risk assessment, blood pressure, BMI measurement, stroke risk assessment, and healthy lifestyle education and information on classes offered to address health risks. Bonus screening for HDL, cholesterol and glucose conducted by Well Advantage.

To register to receive risk assessments and health information only: bit.ly/HCGH-drivethru-health

To register for all assessments and the bonus screening for cholesterol and glucose: bit.ly/HCGH-drivethru-healthscreening

WebEx General Tips and Information

The exercise and class offerings in this e-blast are accessible through WebEx. Click on the link provided, enter the meeting access code and participate. Use password Hoco50+ for all free classes. There is a separate password sent out at the end of the month to individuals who purchase Fitness Pass. While in a class, please place your speaker on mute to reduce the feedback for the instructor and class. Below is general information on WebEx. <https://www.webex.com>

- WebEx is free to use as a class participant.
- You do not need a WebEx account.
- You will need a regular email address to sign in.
- Make sure your battery is fully charged on your device or plugged in.
- If the link you are using says there is an error, go to Webex.com, on their page in the top right corner is "join", click join. WebEx will ask you for meeting information, and you type in the 10 digit meeting code for your class. It will ask you for your password, enter. FYI - It may ask for your password 2-3 times.
- Make sure you have a good internet or cell connection.
It is recommended that you use **Chrome** as your browser.
- Find a table, desk or counter to set up your device so you can see properly.
- Go to your App Store and search Cisco WebEx Meetings.
- Choose the app and start the download.
- Find the newly downloaded app and click on it.
- Click "Join Meeting."
- To join, it will ask you for the meeting number which you can find next to the class name.
- Then click "Join" or "Enter."
- It will ask for a password which is Howard50+ unless you are doing a Fitness Pass Class.
- Now you have entered the meeting.
- Anytime your buttons are black (microphone and video icons) you can be heard and seen.
- It is best to leave these in off mode (the buttons will be red) most of the time to minimize disruption to class. You will still be able to see and hear the instructor.
- If you click the ellipsis button, various options pop up and from there you can click the "Chat with Everyone" button, or "Turn Speaker On/Off."

If you have a specific question regarding WebEx, please reach out to Lucky Sohi, 410-313-4832 or lsahi@howardcountymd.gov. To schedule an individual appointment for assistance, please email Virtual50@howardcountymd.gov

Red = Microphone Off Green = Microphone On

